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**From:** Mason, Steve  
**Sent:** Tuesday, September 5, 2017 6:33 AM  
**To:** Mason, Steve  
**Subject:** Daily Tip for Relieving Stress # 02

**02 - Smile.** I am sure all of us will sooner or later will get down from the long hours, stress, being away from home, etc. When work has got you down, it's a good idea to take a quick break to relieve stress by finding the humor in your life. Research suggests that laughter can reduce symptoms of depression and anxiety, so consider checking out a funny clip on the internet, remembering your favorite joke, or simply think of funny things that may have happened in past incidents, to help relieve the stress.

And if you ever need to just talk, give me a call... 214-789-1871...

**01 - Get enough sleep.** OK, don't laugh... I know how hard this can be. But, inconsistent sleep can have some serious consequences. Not only does it affect our physical health, but lack of sleep can also contribute to overall anxiety and stress. And sometimes it turns into a vicious cycle, since anxiety often leads to disruptions in sleep. Especially when feeling anxious, try to get a few more minutes of sleep. If it is possible, when exhausted, try to just take a quick 15 minute nap somewhere.

*With Regards, Steve*



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"Frequently, my thoughts get bored and walk down to my mouth. Often, this is a bad thing."